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Glamorizing Vegetables





NUTRITIOUS VEGETABLE MEAN G TYPE



PEAS ... Tiny to jumbo in size, green peas are always a favorite vegetable item.

- * Combine cooked peas with cooked onions, cauliflower or celery and add just enough chopped pimiento for color appeal.

- * Buttered peas will be wearing a new hat when you add chopped chives, dill, or prepared mustard to the butter sauce.



TOMATOES ... The ruby red jewels of the vegetable world, play a myriad of roles.

- * Combine tomatoes with whole, chopped, or French-style green beans, okra, rice, ...or make it tomatoes, corn and a wee bit of chopped green pepper.

- * Add cooked mixed vegetables to tomato sauce, top with buttered crumbs and cheese and bake in 400° F. oven until cheese melts and is tipped with brown.

- * Fresh tomatoes, chilled cooked corn, chopped celery and green pepper with a sweet French dressing are the makings for a different, delicious salad.



BEANS ... Yellow and green served whole, chopped, or slivered (French-style) are gay color companions.

- * Marinate green and yellow beans with onion rings in a sweet-sour French dressing.

GLAMORIZING VEGETABLES

Glamour is a form of the ability to create something pleasing to the eye. To define, for we are all pretty, beautiful, eyes which we would label

So let's say that glamour upon basic material. When imagination gets space, there are the basics seen something which will catch the eye.

Our "Miss Manager" who she glamorizes vegetables which needs, cares for the perfection and then a spark which "sparks" them

You too can be an artist with vegetables which will enhance and wonder a few suggestions to "Glamour" plus nutrition when planning Type A

POTATOES ... The use is limitless...and all in addition to turn them into

- * Chopped parsley, of lemon juice added to potatoes.

- * Chopped chives for potatoes.

PLUS IMAGINATION GLAMOROUS LUNCHES



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BEETS ... Tender, succulent, richly-hued beets, are so delightful to serve whole, halved, quartered, sliced or diced.

- * Try adding a suggestion of horseradish to the butter sauce for subtle flavor goodness.

- * Harvard-style beets are especially savory when commercial sour cream is added to the sauce just before serving.



CARROTS ... Jaunty orange carrots, packed with vitamin A, are truly eye-catching when cut into sticks, sliced, diced or mashed.

- * Try cooked carrot sticks with pineapple cubes or pineapple tidbits. Season with butter.

- * Combine sauteed spring onions with cooked diced carrots.

- * Add fresh or dried mint leaves to the butter sauce for cooked carrots:

- * Use grated orange rind in melted butter, to accent the flavor of cooked carrot rings.

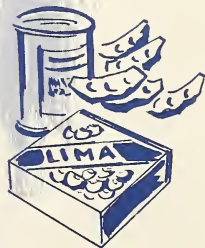


LIMA BEANS ... Delicate green in color, and mild in flavor, are mighty tasty when cooked with ham.

- * Serve lima beans with crisp bacon crumbles or diced smoked ham.

- * Combine diagonally cut celery, cooked until tender but crisp, with cooked lima beans for an interesting contrast in shape and texture.

- * Cook lima beans in chicken broth...add a dash of curry powder for flavor interest.





NUTRITIOUS VEGETABLES PLUS IMAGINATION MEAN GLAMOROUS TYPE A LUNCHES



GLAMORIZING VEGETABLES

Glamour is a form of artistry...for artistry is the ability to create something beautiful, something pleasing to the eye. Yet, glamour is hard to define, for we are surrounded by a host of pretty, beautiful, eye-catching things...all of which we would label as glamorous.

So let's say that glamour happens when we gaze upon basic materials and ingredients and the imagination gets sparked into action. No longer are the basics seen, ...but a glamorous new something which will challenge and please the eye.

Our "Miss Manager" is an artist of the kitchen, for she glamorizes vegetables...selects nutritious vegetables which are best suited to her needs, cares for them properly, cooks them to perfection and then adds that special something which "sparks" them into the glamour class.

You too can be an artist and serve glamorous vegetables which will be eye-catching, lunch-enhancing and wonderfully nutritious. Here are a few suggestions to get you started...and soon "Glamour" plus nutrients will be your slogan when planning Type A Lunches.

POTATOES ... The uses for this staple food are limitless...and all it takes is a bit of imagination to turn them into glamour fare.

- * Chopped parsley, fresh or dried, and a dash of lemon juice added to mashed or buttered whole potatoes.
- * Chopped chives for mashed or hashed-brown potatoes.

PEAS ... Tiny to jumbo in size, green peas are always a favorite vegetable item.

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more TYPE LUNCHES

ONIONS... From the tiny pearl-like bulbed scalion, to the jumbo-sized VIP Bermuda onion, the entire onion family plays an important role in our eating habits.

- * Leeks for soup... just dice them and sprinkle over top of each bowl.
- * Chopped chives... for salads and for use as a potato garnish.
- * Boiling onions, whole... for beef stew.
- * Garlic... for flavoring roasts.

FRENCH DRESSING... As a salad topper it is terrific, a favorite with children. But don't limit its uses... try marinating shredded raw beets, cabbage or carrots, cooked broccoli bits or cauliflowerrets in French dressing. Each assumes an interestingly appealing "new" flavor, and may be served as a garnish, a salad or a vegetable.

SPINACH... Rich green in color and packed with flavor goodness, cooked fresh spinach dishes are always tasty.

- * Baked Spinach is prepared by cooking fresh spinach just long enough to wilt the leaves, it is then drained, combined with a thick white sauce, and poured into a baking pan. (Use cooking liquid in the white sauce.) Top with crisp bacon bits and it is ready for baking. Serve in squares.
- * Use condensed cream of mushroom soup in place of white sauce... for a quick Baked Spinach.

CAULIFLOWER... White, firm clusters of individual flowers which are called "cauliflowerrets"... excellent for serving cooked or raw.

- * Bake cauliflowerrets for cooked vegetable interest.

- * Vinegar or lemon juice added to the cauliflower cooking water, especially in hard water areas, will keep this vegetable sparkling white.

- * Dip partially cooked cauliflowerrets in melted butter, then in toasted crumbs... Place on baking sheet and bake at 400° F. until crumbs are brown... an excellent "finger food."

EGGPLANT... Purple-jacketed with creamy interior this vegetable should not be overlooked... it is an excellent school lunch vegetable.

- * Cut eggplant into strips, leaving outer skin on... Dip in egg and fine bread crumbs and brown in the oven.

CABBAGE... With cabbage as rich as Midas in vitamin C, it commands frequent usage, and it is excellent served raw or cooked to crispy tenderness.

- * Combine red and green cabbage for a salad with a calico effect.
- * Add sliced raw Brussels sprouts to tossed salads for a new taste treat.



